# Ginger & Its Medicinal Use

## What is Ginger

Ginger is a strengthening food that has long been used to maintain health. Ginger has a long history of both culinary and medicinal use in Chinese, Japanese and Indian medicines. In ancient China , ginger was regarded as a healing gift from God and was commonly used to cleanse and warm the body.

## Qualities of Ginger

The major active ingredients in ginger are terpenes and oleoresin called ginger oil. These two, and other active ingredients in ginger, provide antiseptic, lymph-cleansing, circulation, and constipation relief qualities.

- Ginger is good for the respiratory system
- It is good to fight against colds and flu
- Ginger offers substantial protection from stroke and heart attack because of its ability to prevent blood clotting
- Ginger, a multifaceted herb, is crucial in the battle against cardiovascular disease
- Relieves headaches and pains
- Helps to clear sore throats
- Good for upset stomach and indigestion
- It is very effective as a cleansing agent through the bowels and kidneys and also through the skin

## Some of the problems cured by Ginger

### Colds/Flu

Kills influenza virus by improving immune system's ability to fight infections. Ginger also relieves headaches.

### Increases Circulation

Increases the muscular contractions of the heart atria, there by increase in overall circulation. Ginger has been proven to prevent internal blood clots and lowers blood pressure. Ginger Root stimulates the central nervous system controlling the heart and respiratory centers. Ginger helps reduce serum cholesterol, which can slow down circulation.

### Ginger Relieves Motion/Morning Sickness

Ginger is one of the most effective herbal remedies to get rid of Motion/ Morning Sickness.

### Digestive Aid - Indigestion, Stomach Ache

Ginger Root increases production of saliva in the mouth and dramatically increases digestive enzyme amylase in the saliva to additionally aid digestion. Ginger Root also contains a very effective digestive enzyme zingibain.

### Women's Health

Ginger Root is good for the uterus as well as the intestinal tract and may ease menstrual cramps.

### Skin
Very cleansing - reduces pus in infected wounds as well as boils. Clears spots caused by chicken pox and shingles. Useful for burns, sores, sunburn, ringworm, warts, herpes, athletes foot and even for dandruff.

### Stress Protection
Ginger Root appears to limit the effects of adrenergic stimulation and there by relieves the stress.

### Arthritis
As Ginger root is a proven anti-inflammatory agent, some arthritic victims may find it helpful.

Ginger is sometimes recommended as an alternative to aspirin for people who can not take aspirin because of its irritating effect on the gastrointestinal tract.

***With all the benefits to the average person, ginger should be included in the diet every day. Especially for a person who are suffering from heart problems, cold/flu, stress problem, motion sickness a daily dose of ginger combined with other herbs to enhance their effectiveness is part of a sensible, healthy diet.***